

# Little River Glen Senior Center

4001 Barker Court, Fairfax, VA 22032, 703-503-8703, TTY 711



[www.fairfaxcounty.gov/ncs](http://www.fairfaxcounty.gov/ncs)

Operating Hours: Monday - Friday, 9 a.m. - 4 p.m.

Business Hours: Monday - Friday, 8 a.m. - 4 p.m.

Schedule of events and activities are subject to change. Please call the facility directly for the most updated information.

## FEBRUARY 2016

Programs			
Program	When	Time	Description
Open Computer Lab	Daily	9 a.m. to 4 p.m.	Open computer lab
Exercise Equipment	Daily	9 a.m. to 4 p.m.	Variety of exercise equipment
Kings in the Corner	Daily	10 a.m.	Card game
Group Activity/Group Discussion	Daily	10:15 a.m.	Group discussion or group game.
Lunch	Daily	Noon	Meals are prepared at a high school and delivered daily. Must preorder one day in advance.
Group Activity/Group Discussion	Daily	1 p.m.	Group discussion or group game.
Chair Exercise Video	Daily	3 p.m.	Video led seated exercises.
Creative Crafters	Monday	10 a.m. to noon	Create your favorite craft with any type of materials.
Chair Exercise Video	Monday	11 a.m.	Video led seated exercises.
Basic Chinese (Mandarin)	Monday	2 p.m.	Participants can learn and practice basic skills to speak Chinese.
Chair Exercise	Tuesday	11 a.m.	Instructor led seated exercises.
Computer w/Daniel	Tuesday	10 a.m.	Basic computer help
English Conversation w/Claudia	Tuesday	10 a.m.	Learn English grammar, words and phrases.
English Conversation w/Linda	Tuesday	11 a.m.	Learn English grammar, words and phrases.
Mahjong	Tuesday	11:30 a.m.	A social Chinese tile game
Afternoon Tea	Tuesday	1 p.m.	Join us for tea and discussion.
LRG Chorus	Tuesday	1 p.m.	Sing songs in a group. Learn songs for a concert performance.
Knit & Crochet Club	Tuesday	2 p.m.	All levels of knitting and crocheting. Learn about different needles or teach someone about different yarns or patterns.
Open Art Studio	Wednesday	9 a.m. to noon	Participants learn from each other craft ideas or projects, and help each other learn different skills.
Computer Help w/Cheryl	Wednesday	10 a.m.	Basic computer help
Intermediate Tap B	Wednesday	10 a.m.	Practice choreographed dances to perform at various locations in the county.
Rummikub	Wednesday	10 a.m.	A social American tile game
Spanish Class	Wednesday	10:15 a.m.	Spanish Level 2
Chair Exercise	Wednesday	11 a.m.	Instructor led seated exercises.
Intermediate Tap A	Wednesday	11 a.m.	Practice choreographed dances to perform at various locations in the county.
Tai Chi Practice Club	Wednesday	1 p.m.	Practice rhythmic patterns of movements and coordinated breathing to help achieve a sense of inner calm.
Tai Chi Practice Club	Wednesday	2 p.m.	Practice rhythmic patterns of movements and coordinated breathing to help achieve a sense of inner calm.
Computer Help w/Jeanne	Thursday	10 a.m.	Basic computer help
Chair Exercise Video	Thursday	11 a.m.	Video led seated exercises.
Italian Conversation (ACE class)	Thursday	Noon	Italian Conversation is an ACE class.
Spanish Class	Thursday	12:30 p.m.	Beginning Spanish
Tap Practice (Adv./Performing Tap)	Thursday	1 p.m.	Practice choreographed dances to perform at various locations in the county.
Spanish Class	Thursday	2 p.m.	Spanish Level 2
Guitar Practice	Thursday	2 to 3 p.m.	Participants can practice basic skills to play guitar.
Advanced/Performing Tap Class	Friday	10 a.m.	Practice choreographed dances to perform at various locations in the county.
Chair Exercise	Friday	11 a.m.	Instructor led seated exercises.
Dresses for Children in Africa	Friday	12:45 p.m.	Cutting and sewing material to make dresses for children in Africa.
Bingo	Friday	12:50 p.m.	Interact socially in a mildly competitive environment.
Basic Chinese (Mandarin)	Friday	3 p.m.	Participants can learn and practice basic skills to speak Chinese.
Classes			
Class	When	Time	Description
Yoga I	Monday	9 a.m.	Yoga using floor mats.
Zumba w/Millette	Monday	10 a.m.	Easy to follow Zumba concentrating on balance, range of motion and coordination.
Gentle Yoga	Monday	10:10 a.m.	Yoga in a chair.
Line Dance	Monday	1 p.m.	Beginner line dancing class.
Body Sculpting	Tuesday	9 a.m.	Increase strength, endurance, balance and overall health.
Jazzercise Lite	Tuesday	10 a.m.	Exercise class using weights, bands and floor mats coordinated with music.
Zumba Gold w/Millette	Wednesday	10:15 a.m.	Easy to follow Zumba concentrating on balance, range of motion and coordination.
Yoga I	Thursday	9 a.m.	Yoga using floor mats.

Gentle Yoga	Thursday	10:10 a.m.	Yoga in a chair.
Piano Lessons	Thursday	9 a.m. to 1 p.m.	Play and listen to music. Learn new concepts. ( 15 minutes per student)
Jazzercise Lite	Thursday	10 a.m.	Exercise class using weights, bands and floor mats coordinated with music.
Voice Class	Thursday	1:15 p.m.	Rehearse songs, focusing on specific techniques needed in each song.
Piano Lessons	Friday	9 to 11 a.m.	Play and listen to music. Learn new concepts. ( 15 minutes per student)
<b>Special Events/Trips</b>			
<b>Event/Trip</b>	<b>When</b>	<b>Time</b>	<b>Description</b>
Tai Chi Performance	Wednesday, February 3	1 p.m.	Tai Chi Class students performance with their costumes.
Walmart/Target, Fair Lakes	Thursday, February 4	10:30 a.m.	Shopping trip (return pick up at 1:15 p.m.)
Wegman's, Fairfax	Thursday, February 11	10:30 a.m.	Shopping trip (return pick up at 1:15 p.m.)
Walmart/Target, Fair Lakes	Thursday, February 18	10:30 a.m.	Shopping trip (return pick up at 1:15 p.m.)
Shoppers, Fair City Mall	Thursday, February 25	10:30 a.m.	Shopping trip (return pick up at 1:15 p.m.)
<b>Community Meeting</b>	<b>When</b>	<b>Time</b>	<b>Description</b>
Immanuel Christian School visit (3 A)	Monday, February 8	10 a.m.	Third graders (3A) from Immanuel Christian School will come to get to know our seniors.
February Birthdays w/Aaron	Wednesday, February 10	1 p.m.	Celebrate all February birthdays with music by Aaron. Enjoy a piece of cake too!
Immanuel Christian School visit (3B)	Monday, February 22	10 a.m.	Third graders (3B) from Immanuel Christian School return for their second visit with our seniors.
Advisory Council Meeting	Tuesday, February 23	11 a.m.	Monthly Advisory Council Meeting, public is welcome to attend and listen.
Show & Tell w/Lougenia Carnell	Monday, February 29	1 p.m.	Come see what is next to be shared. Bring your own story or item to share with the group.